



**Division of Child Care and Early  
Childhood Education  
Health and Nutrition Programs**



P.O. Box 1437, Slot 155 · Little Rock, AR 72203-1437  
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**MEMORANDUM**

September 20, 2016

TO: Child and Adult Care Food Program Programs

FROM: Health and Nutrition Team

RE: Serving Vegetarian and Vegan Meals

The Child and Adult Care Food Program (CACFP) meal pattern provides organizations with the flexibility to serve vegetarian or vegan meals while still complying with all of the nutrition requirements. Participating organizations are required to provide specific food groups in specific quantities in order to receive reimbursement for the meals served. The required CACFP food groups are: **milk, bread/bread alternate, fruit, vegetable, and meat/meat alternate.**

**Accommodating Vegetarian and Vegan Diets**

Organizations can easily comply with the fruit, vegetable and bread/bread alternate requirements when serving vegetarian and vegan meals. Serving the milk and meat/meat alternate component will require special accommodations. Guidance is provided below. If you have additional questions, contact the nutritionist at [Mitzi.Langley@dhs.arkansas.gov](mailto:Mitzi.Langley@dhs.arkansas.gov).

**Meeting the milk requirement**

**May I serve soy milk to the children in my care?**

**YES.** Fluid milk substitutes may be served in substitution of fluid milk for a participant who cannot consume fluid milk due to medical needs, special dietary needs, or preference (**other than disability**). If the milk substitute is dairy based, the substitute must be pasteurized, follow the same fat requirements as cow's milk, and meet the nutrition standards outlined in the chart. The CACFP requires the fluid milk substitute to be nutritionally equivalent to milk and meet the following nutritional standards (7 CFR 210.10(m) (3))

Nutrient	Amount per Cup (8 fl oz)	% DV
Calcium	276 mg	28%
Protein	8 g	16%
Vitamin A	500 IU	10%
Vitamin D	100 IU	25%
Magnesium	24 mg	6%
Phosphorus	222 mg	22%
Potassium	349 mg	10%
Riboflavin	0.44 mg	26%
Vitamin B-12	1.1 mcg	18%

**May I serve rice, nut or hemp milk to the children in my care for a non-dairy beverage?**

**NO.** CACFP does not recognize any other non-dairy beverage as creditable for CACFP reimbursement except for those that are nutritionally equivalent to milk and meet the following nutritional standards (7 CFR 210.10(m) (3)) as listed above. You would need a signed Medical Statement for any other substitutions.

**May I serve veggie burgers or other like products to the children in my care?**

**YES.** However, the products must have Child Nutrition (CN) Labels\* or a product manufacturer statements in order to be credited as part of reimbursable CACFP meals. There are a variety of meatless entrée items that are authorized to carry the CN Label. Visit the [Child Nutrition Labeling website](#) to find some options. If you want to serve a product that does not have a CN Label, you must have the manufacturer complete a product formulation statement. Click here for a [sample statement](#).



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\*The CN Labeling program is a voluntary system established by the United States Department of Agriculture to allow manufacturers the opportunity to prove that their products can meet the requirements of federal nutrition program.

### **Accommodating Vegetarian and Vegan Diets**

#### **Snack Ideas for Vegetarians**

There are many ways to incorporate meat alternatives into snacks for vegetarian children. Few snack ideas with child appeal are provided below. The serving sizes indicated below are for children **ages 3-5**. Adjust serving sizes according to the CACFP Meal Pattern requirements for children who are younger or older.

##### **2 oz low-fat yogurt served with:**

- Any type of grain/bread, such as ½ oz graham crackers (2 crackers) or sprinkled with ⅓ cup oat cereal
- Any type of fruit, such as ½ cup diced apricots; or make a fruit kebob with ¼ cup sliced strawberries and ¼ cup grapes cut in half; or make a parfait by layering with ½ cup mixed fruit and 1 Tablespoon of granola

##### **½ oz cheddar cheese served with:**

- Any type of grain/bread, such as ½ toasted mini bagel; or ½ oz whole wheat crackers (4 crackers); or melted on ½ whole wheat pita pocket
- Any type of vegetable, such as ½ cup lightly steamed carrots and broccoli or ½ cup carrot and celery sticks
- Any type of fruit, such as ½ cup apple slices or ½ cup pear slices

##### **½ oz mozzarella cheese served with:**

- Any type of grain bread, such as melted onto ½ toasted English muffin with 2 Tablespoons of tomato sauce for a mini-pizza

##### **¼ cup pureed black or pinto beans served with:**

- Any type of grain/bread, such as ½ oz toasted whole wheat pita bread or spread on ½ oz toasted tortilla triangles with 2 Tablespoons salsa

##### **¼ cup of hummus served with:**

- Any type of whole grain/bread, such as ½ oz toasted whole wheat pita bread
- Any type of vegetable, such as ½ cup of celery sticks, baby carrots, cucumber slices, or cherry tomatoes

**For Additional Vegetarian Menus & Menu Resources:** <http://www.nfsmi.org/ResourceOverview.aspx?ID=20>